

# Individual Best Times (All Time)

Karen Keen - (193665) - Ware SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.75	33.40	343	05/10/14	Ware Club Championships	Ware	ER14200	4
100 Freestyle	1:10.69	1:11.90	359	06/10/14	Ware Club Championships	Ware	ER14200	4
200 Freestyle	2:35.44	2:37.70	357	29/09/14	Ware Club Championships 2014	Ware	ER14199	4
50 Breaststroke	41.57	42.30	317	29/09/23	Ware Swimming Club Championships 2023	Ware	ER231423	4
100 Breaststroke	1:29.46	1:30.90	338	28/09/14	Ware Club Championships 2014	Ware	ER14199	4
50 Butterfly	34.05	34.60	367	28/09/15	Ware Club Championships 2015	Ware	ER152062	4
100 Butterfly	1:15.73	1:16.70	363	13/12/14	NASL London Rounds Division 1&2	Becontree	LR14174	3
200 Butterfly	2:57.69	2:59.50	305	05/10/18	Ware Club Championships 2018	Ware	ER181476	4
200 Individual Medley	2:52.33	2:54.60	353	11/10/14	National Arena League London Division 1	Enfield	LR14168	3
100 Individual Medley	1:20.96	1:21.00	340	05/10/14	Ware Club Championships	Ware	ER14200	4